Welcome and Introductions
S. Hall welcomed everyone to the Together We Can Health Improvement Council meeting and introductions were made. S. Hall asked if there were any changes or additions to the agenda. Hearing none, S. Hall stated that the agenda will stand as mailed.

Review/Approval of the November 7, 2013 Meeting Minutes
With no corrections stated, S. Hall stated that the November 7, 2013, meeting minutes will stand as approved and will be posted on the Together We Can team room, on the Central Michigan District Health Department’s website (www.cmdhd.org), and on the Together We Can website (www.together-we-can.org).

Together We Can Background and Purpose
S. Kile stated that Together We Can started in 2010 when the County Health Rankings were released and Clare County was ranked as the unhealthiest county. S. Kile stated that the health department felt it needed to take action and held the first public health summit. S. Kile stated as a result of the first public health summit, Together We Can was created. S. Kile gave an overview of the Together We Can structure stating that there is the Together We Can Health Improvement Council, and then 5 different county Health Improvement Planning groups, or HIPs. S. Kile stated that all six counties have a HIP, but Clare and Gladwin joined their HIP groups because they are so closely related and share certain resources. S. Kile listed some of the Together We Can success stories, including: the FQHC in Beaverton; the McLaren Free Clinic in Mt. Pleasant; the party store in Osceola County that no longer sells energy drinks to people under the age of 18; the creation of 9 school health teams; and highlighted the work that is being done through the Community Transformation Grant. S. Kile stated that the Community Health Improvement Plan was developed and listed the priority areas: access to health services; healthy eating and active living; sexual and reproductive health; maternal and infant health; and mental health. Together we can work together, we will improve health and promote wellness in central Michigan.
health; substance abuse; abusive, violent, and controlling behavior; and environmental health. S. Kile stated that as a result of the Together We Can Health Improvement Council and the HIP groups, Clare County is no longer ranked 82nd.

**Presentation by Dr. Greg Holzman, M.D., M.P.H.**

Dr. Greg Holzman, Associate Professor in the Department of Family Medicine at Michigan State University provided a power point presentation entitled “Why Clinical Medicine Can Not Fix the Health Care System Alone.” Dr. Holzman stated that he does not have any financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation. He will not be discussing unlabeled or investigational commercial products in the course of this presentation.

Dr. Holzman reviewed the cost of healthcare per capita of 12 different countries, stating that the United States is the highest, stating that we spend $8,948 per capita, on healthcare. Dr. Holzman stated that 62% of all filers of bankruptcies' in the US are secondary to medical cost. Dr. Holzman reviewed the international comparison of spending on health from 1980-2006. Dr. Holzman stated that more employers are not able to afford healthcare insurance for their employees and any employees cannot afford their share of the insurance premium, which leads to an increased number of uninsured people. Dr. Holzman stated how the United States ranks poorly in many health indicators, including obesity rates, teenage pregnancy, and chronic disease. Dr. Holzman stated that in a 2013 Bloomberg ranking of nations the US ranked 46th (out of 48th) in regards to “healthcare system efficiencies”, with Brazil and Serbia coming in at 47th and 48th.

Dr. Holzman stated reviewed different healthcare systems including: the UK model, the Bismark model, the Canadian model, and the out of pocket model. Dr. Holzman also discussed the United States health policy history, stating that before the 20th Century, medical care was paid for directly by the patient (out-of-pocket) to a physician who often had limited training and operated a solo business. Dr. Holzman gave a history of the United States national system, including: the Social Security Act; the Wagner – Murray – Dingell Bill; establishment of Medicare (Social Security Act) and Medicaid; the Kennedy – Griffiths Health Security Act; Heritage Foundation/Individual Mandate; the Massachusetts Plan; and the Affordable Care Act.

Dr. Holzman discussed other factors that impact the health of a community, including: physical environment (environmental quality and built environment); social and economic factors (education, employment, income, family and social support, community safety); clinical care (access to care and quality of care); and health behaviors (tobacco usage, diet and exercise, alcohol usage, and sexual activity). Dr. Holzman discussed understanding factors that are affecting health, and that the largest impact that the largest uniting the communities and working together, we will improve health and promote wellness in central Michigan.
impact would be affecting a person’s socioeconomic factors. Dr. Holzman stated that according to research, it is estimated that 38% of US deaths are attributable to 4 behaviors: smoking, poor diet, physical inactivity, and alcohol use. Dr. Holzman stated that only time will tell what the future will bring. The council thanked Dr. Holzman for his presentation.

Healthy Eating and Active Living Priority Area Update
S. Leibfritz gave an update on the healthy eating and active living priority area. S. Leibfritz distributed the Priority Area: Healthy Eating and Active Living Quarterly Report, date ranging: October 2013 – January 2014; and February 6, 2014 strategy update. S. Leibfritz highlighted strategy updates in the following strategies:

1. Increase the number of residents with opportunities for daily physical activity in institutional settings (schools, worksites, and community centers)
2. Increase the number of residents with access to healthy food and beverage options in institutional settings.
3. Implement a community campaign to promote physical activity through recreation.
4. Establish additional farmers markets and community garden programs in the region; enhance use of current farmers markets: payment systems and education.
5. Implement a community campaign to educate the public about gardening and to promote community gardens.
6. Increase awareness of potential economic and health impacts of supporting fresh and local foods; and establish a food policy council within the district.

S. Leibfritz reviewed the desired outcomes, stating:

1. Reduce the percentage of adults who report a BMI of 30 or more by at least 1% per year for the next 5 years to reach or exceed national benchmark of 25%.
2. Reduce the percentage of children (ages 10-17) who report a BMI of 30 or more by at least 2% per year for 9 years to reach or exceed the Healthy People 2020 goal of 14.6%.
3. Reduce the population with limited access to healthy foods by 2.5% in the next 5 years to reach the national benchmark of 1%.

Health Hero Nominations Review
A. Dunn distributed a list of the Together We Can Health Hero Award nominations associated with the January 15, 2014 deadline. The council reviewed the list and approved that all nominees listed receive the awards. V. Romanov stated that she had sent in a nomination for Gretchen Wilbur to recognize her for her contributions for the Clare County Community Nutrition Network. The council approved the following Health Hero awards:

- Peggy Greenacre, Chartwells at Beaverton Rural Schools, Gladwin County
- Michael Long and Amy Romanowski, Hillsdale Elementary School, Clare County

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V. Romanov then presented the Together We Can Transformation Communities Initiative Outcome Assessments for each intervention in nutrition and physical activity.

V. Romanov stated that the Robert Wood Johnson Foundation Commission to Build a Healthier America recommends that to improve the health of all Americans, we must:

1. **Invest in the foundations of lifelong physical and mental well-being in our youngest children** - Make investing in America’s youngest children a high priority. This will require a significant shift in spending priorities and major new initiatives to ensure that families and communities build a strong foundation in the early years for a lifetime of good health.

2. **Create communities that foster health-promoting behaviors** - Fundamentally change how we revitalize neighborhoods, fully integrating health into community development.

3. **Broaden health care to promote health outside of the medical system** - Take a much more health-focused approach to health care financing and delivery. Broaden the mindset, mission, and incentives for health professionals and health care institutions beyond treating illness to helping people lead healthy lives.

**Member Updates**

J. Moreno stated that there is a new dog park in Isabella County.

S. Leibfritz provided flyers on upcoming MidMichigan Health events, including: Understanding the Unique Challenges of Heart Disease in Women community seminar; the 2014 Cardiovascular Symposium; and the 2014 Oncology Dinner Symposium.

V. Romanov stated that the last Food Distribution truck served 250-300 people and that the Michigan Area Health Education held a focus group with the patrons that received distributions. V. Romanov stated that they will receive a copy of the results from the focus group and that the Michigan Area Health Education donated the cost of the food truck.

S. Kile distributed flyers for two separate events:

1. Create a Community Garden workshop event that is scheduled for Saturday, March 8th, 2014, from 9:00 a.m. until 12:00 p.m. at Harrison Community Schools, Larson Elementary; and the Vegetable Gardening 101 session from 12:30 p.m. Uniting the communities and working together, we will improve health and promote wellness in central Michigan.
until 2:00 p.m. S. Kile stated that both of these events are free, but you do need to RSVP to Sarah Kile.

2. Scrapbook Crop Fundraiser, scheduled for March 22, 2014, from 9:00 a.m. until 8:00 p.m. at Gladwin High School. S. Kile stated that the cost is $25 per person and that the funds raised will benefit the Gladwin County Backpack program. S. Kile stated that you can contact Noreen Rechlin for further details.

The next meeting of the Together We Can Health Improvement Council will be held on Thursday, March 6, 2014, at 9:00 a.m.

Meeting adjourned at 11:05 a.m.

Respectfully Submitted,

Allison B. Dunn

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